

NKA PM Seminar Fall 2011 Seminar #5: Psychoanalysis

1. Segment 1: Welcome and Introduction [10 Minutes]

a. Review

i. Basic Pain Management theory

- 1. Gate Control Theory**
- 2. Jacobson Effect**

b. Overview of Today's Seminar

i. Psycho-Physical Self-Regulation

ii. Psychological Inputs

iii. Physical Inputs

iv. We speak of ‘regulation’ rather than ‘control’ because we achieve results through mediated, not direct, interventions

v. Up to now we have focused exclusively on the physical aspects of the self-regulation matrix for physical pain management

vi. Now we will move to the psychological aspect of the self-regulation matrix and take up the topic of emotional disturbances and pain

2. Segment 2: The Discovery of the Unconscious Mind

a. Mesmer's dissertation, in 1766, “On the Influence of the Planets on the Human Body”

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- b. Mesmer's presentation to the Munich Academy of Sciences in 1775 where he considered the effects of exorcisms conducted by the most famous exorcist of the time, Johann Joseph Gassner, to be the result of 'animal magnetism' rather than the rite of exorcism**
- c. Mesmer's "Memoirs on the Discovery of Animal Magnetism," 1779**
 - i. Definition of Animal Magnetism: a natural variant of other forms of magnetism, such as mineral, cosmic, and planetary magnetism, created by and residing in the bodies of human beings, and under the control of the 'animus' or soul of the human being**
- d. Mesmer's Method**
 - i. Seated in front of his patient with their knees touching, gazed into their eyes, holding the patient's thumbs in his hands, then made passes from their shoulders down their arms to their hands, then pressed his fingers into their 'hypochondrium,' the area just below the diaphragm, holding this position sometimes for hours.**
- e. The Paris Commission of King Louis XVI in 1784.**
 - i. Antoine Lavoisier, father of modern chemistry, discoverer of oxygen and hydrogen**

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- ii. **Joseph Guillotin, Court physician and inventor of the ‘painless’ execution method of the guillotine**
 - iii. **Jean-Sylvain Bailly, astronomer, leader of the French Revolution, executed by the guillotine in 1793**
 - iv. **Benjamin Franklin, United States ambassador to France**
 - v. **The Commission concluded that, although there was something real happening, as evidenced by the cures, there was no ‘animal magnetism’ at work in Mesmerism, but only the application of ‘imagination’**
 - f. **Contemporary Research on Ki-Energy**
 - g. **James Braid, coined the word ‘Hypnosis’ in 1842**
 - h. **James Esdaile beginning in 1845, practiced surgery in India using only mesmerism to induce an hypnotic anesthesia. He published his research in 1846 under the title “Mesmerism in India, and Its Practical Application in Surgery and Medicine.”**
 - i. **Charcot in Paris**
 - i. **Hypnosis is related to hysteria – only hysterics could be hypnotized**
 - j. **Berhnheim and Forel**
 - i. **Nancy School – hypnosis is suggestion**
 - k. **Freud**

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- i. Hypnosis used to locate and bring to consciousness the associations which create the psychopathological conditions

- ii.

3. Segment 3: Associationism

a. Theory of Association

- i. All mental activities are the result of associations among the atomic elements of thought
- ii. The associations are initially created by contiguity and continuity, i.e., they are either similar in nature or presented together in sequence, thus creating the association
- iii. Later, associations are created or maintained by emotional links and wish-fulfillment fantasies

b. Induced Association – The Word Association Test

- i. Demonstration of the Word Association Test
- ii. Popular application of Associations:
 - 1. Winston tastes good.....like a cigarette should
 - 2. I'd walk a mile for a Camel
 - 3. Plop, plop, fizz, fizz, oh what a relief it is

c. Free Association

“Colorless green ideas sleep furiously.” Noam Chomsky, Syntactic Structures 1959. “Furious sleep ideas green colorless.” A literary

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competition was held at Stanford University in 1985, in which the contestants were invited to make Chomsky's sentence meaningful using not more than 100 words of prose or 14 lines of verse. An example entry from the competition, from C.M. Street, is:

"It can only be the thought of verdure to come, which prompts us in the autumn to buy these dormant white lumps of vegetable matter covered by a brown papery skin, and lovingly to plant them and care for them. It is a marvel to me that under this cover they are labouring unseen at such a rate within to give us the sudden awesome beauty of spring flowering bulbs. While winter reigns the earth reposes but these colourless green ideas sleep furiously."

"Jabberwocky"

**'Twas brillig, and the slithy toves
Did gyre and gimble in the wabe;
All mimsy were the borogoves,
And the mome raths outgrabe.**

**"Beware the Jabberwock, my son!
The jaws that bite, the claws that catch!**

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Beware the Jubjub bird, and shun

The frumious Bandersnatch!"

**Difference between 'Sense' and 'Reference.' From Wittgenstein
and Gottlob Frege**

4. Segment 4: Psychological Stages of Development Id/Drive Psychology

a. Psycho-Sexual Stages [Freud]

i. Oral – Birth to 1 year

- 1. Aggressive – chewing gum, pencil erasers, fingernails, etc.**
- 2. Passive – smoking, overeating, etc.**

ii. Anal – 1 to 3 years

- 1. Anal Retentive – obsessively organized or neat**
- 2. Anal Expulsive – reckless, careless, defiant, disorganized
and messy**

iii. Phallic – 3 to 6 years – Oedipus/Elektra complexes

iv. Latent – 6 to puberty

v. Genital – puberty to death

5. Segment 5: Psychoanalytic Structural Model of the Mind

a. Id

b. Superego

c. Ego

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i. Ego Defenses

- 1. Pathological Defenses:**
 - i. Psychotic Denial**
 - ii. Delusional Projection**
- 2. Immature Defenses:**
 - i. Fantasy**
 - ii. Projection**
 - iii. Passive Aggression**
 - iv. Acting Out**
- 3. Neurotic Defenses:**
 - i. Intellectualization**
 - ii. Reaction Formation**
 - iii. Dissociation**
 - iv. Displacement**
 - v. Repression**
- 4. Mature Defenses:**
 - i. Humor**
 - ii. Sublimation**
 - iii. Suppression**
 - iv. Altruism**
 - v. Anticipation**

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6. Segment 6: Memory

- a. Amnesia**
- b. Repression**
- c. Suppression**
- d. Resistances**

7. Segment 7: Adaptation

- a. Adaptational Stages [Erik H. Erikson] Ego Psychology**
 - i. Hope: Trust v Mistrust – Birth to 18 months**
 - ii. Will: Autonomy v Shame – 18 month to 3 years**
 - iii. Purpose: Initiative v Guilt – 3 to 6 years**
 - iv. Competence: Industry v Inferiority – 6 to 12 years**
 - v. Fidelity: Identity v Role Confusion – 12 to 18 years**
 - vi. Love: Intimacy v Isolation – 20 to 30 years**
 - vii. Care: Generativity v Stagnation – 40 to 65 years**
 - viii. Wisdom: Ego Integrity v Despair – 65 years and older**

8. Segment 8: Dream Analysis and Psychoanalytic Psychotherapy

- a. Write down the dream**
- b. Associate to the dream elements**
- c. Dream Work Processes**
 - i. Manifest Content – the surface content of the dream or communication**

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- ii. Latent Content – the deep structure meaning of the dream or communication**
- iii. Derivative – a manifest content that simultaneously expresses a latent meaning. The manifest content is derived from the uncoded, raw, and dangerous message of the latent co**
- iv. Encoded Message – synonym of Derivative**
- v. Unconscious Communication – communication occurring outside the awareness of the sender and, most of the time, the receiver. It uses derivatives and encoded messages to communicate its latent content**
- vi. Decoded Derivative – a communication that has been subjected to the decoding process so that the latent content and its meaning is revealed**
- vii. Mechanisms of Disguise**
 - 1. Displacement or Transposition**
 - 2. Symbolization or Transformation and Representation**
 - 3. Condensation**
 - 4. Secondary Revision and Concern for Representability**

9. Segment 9: Review and Q&A